

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Quote of the Month "It looked like the world was covered in a cobbler crust of brown sugar and cinnamon." - Sarah Addison Allen</p>		<p>November Birthdays</p>			<ul style="list-style-type: none"> Joyful Movement: Light Weights Refreshments Mexican Train Energy Burst: Table Tennis Person of Interest National Jersey Day: Favorite Sports Teams Brain Games: Finish the Phrase Evening Manicures and Music 	<ul style="list-style-type: none"> Stretch and Strength Refreshments Church Service Dallas TV Show: Who Shot JR? Energy Burst: Velcro Darts Day of the Dead: Tissue Paper Flowers Poetry Club: David Frost Mocktails with Tina
<ul style="list-style-type: none"> Sole to Soul Walking Club Refreshments Craft Club: Rockin' Record Decorations Energy Burst: Ladderball Baking Club WU Classical Music: Beethoven Church Service with Tina Parkview: Night at the Movies 	<ul style="list-style-type: none"> Joyful Movement: Strength Refreshments WU: Writers Collective WU: Culinary Creations Guided Meditation Energy Burst: Corn Hole Brain Games: Name that Tune Men's Club Meeting Art Club: Color and Me 	<ul style="list-style-type: none"> Tai Chi Refreshments Brain Games Bingo WU: Artistry Unleashed Energy Burst: Bowling Parkview Book Club Food Club: National Donut Day; Donuts and Drinks Relax with Country Music 	<ul style="list-style-type: none"> Strength and Balance Refreshments Gratitude and Reflections Sensory Fruit Card Game Energy Burst: Bocce Ball Entertainment with Dave Hoops Day: Basketball Trivia Movie Night 	<ul style="list-style-type: none"> Slow Flow Yoga Refreshments Brain Games: Fact or Fiction WU Culture and Traditions of Native American Heritage: Wichita Tribe Virtual Adventure Energy Burst: Putting Happy Hour with Dave Eagleston (AL-DR) Evening Breath Work 	<ul style="list-style-type: none"> Joyful Movement Refreshments Community Life Committee Meeting Energy Burst: Croquet All Saints Day Spiritual Program: Reflecting on Amazing Grace Did you know? Young Presidents Day Thriving Through Music with the Nayas 	<ul style="list-style-type: none"> Stretch and Strength Refreshments Church Service Energy Burst: Corn Hole Saturday Trivia French Berets: French Influence on Louisiana World Freedom Day: Patriotic Music and the Berlin Wall Evening Puzzles with Nayas
<ul style="list-style-type: none"> Sole to Soul Walking Club Refreshments Church Service with Tina Energy Burst: Table Tennis Bingo and Dominoes Hymn Singing Relax with Baach 	<ul style="list-style-type: none"> Joyful Movement: Balance WU: Culinary Creations Refreshments Veterans Day Celebration (AL-Dining Room) Energy Burst: Croquet Daily Devotional: November Prayer Memory Baskets Evening Puzzles with Nayas 	<ul style="list-style-type: none"> Tai Chi Refreshments Brain Games Country Drive Outing WU: An Eye for Art Energy Burst: Velcro Darts Brain Games: Scattergories Reading Chicken Soup for the Soul Evening Puzzle Fun 	<ul style="list-style-type: none"> Strength and Balance Refreshments Guided Imagery Energy Burst: Chair Dancing Ananda Baskets National Indian Pudding Day: Americas Oldest Dessert Movie Night 	<ul style="list-style-type: none"> Slow Flow Yoga Refreshments Brain Games Virtual Trip Down Memory Lane Energy Burst: Table Tennis WU Culture and Traditions of Native American Heritage: Tawakoni Tribe You Be the Judge Evening Bible Verse with the Nayas 	<ul style="list-style-type: none"> Joyful Movement Refreshments Service Circles Steak and Shake Outing Energy Burst: Balloon Swat Brain Games: Word in a Word National Baklava Day: Baklava Tasting Bible Study with Tina Evening Manicures and Music 	<ul style="list-style-type: none"> Stretch and Strength Refreshments Church Service Energy Burst: Ladderball Gardening Club Craft Club: Button Art Thriving Through Music Mocktails with Tina
<ul style="list-style-type: none"> Sole to Soul Walking Club Church Service with Tina WU Classical Music: Mozart Can you Picture This Energy Burst: Balloon Volleyball Senior Smiles: Music Performance Wiener Dog Dice Race Penny for your Thoughts 	<ul style="list-style-type: none"> Joyful Movement: Strength WU: Culinary Creations Refreshments Music Therapy with Luisa Guided Meditation Energy Burst: Dodge Ball Brain Games: Name 10 Things Men's Club Meeting Art Club: Color and Me 	<ul style="list-style-type: none"> Tai Chi Refreshments Brain Games WU: Artistry Unleashed Energy Burst: Bowling International Men's Day: Prominent Men from History Apple Cider Bar Thriving Through Music with the Nayas 	<ul style="list-style-type: none"> Strength and Balance Refreshments Gratitude and Reflections Energy Burst: Bocce Ball Entertainment with Krystal Parkview Book Club Taste of the Holy Lands Manicures and Music with the Nayas 	<ul style="list-style-type: none"> Slow Flow Yoga Refreshments Brain Games Virtual Roadtrippers WU Culture and Traditions of Native American Heritage: Kiikaapoi Tribe Energy Burst: Corn Hole National Stuffing Day; Create your own Stuffing Happy Hour with Trixie (AL-DR) Evening Breath Work 	<ul style="list-style-type: none"> Joyful Movement: Chair Yoga Refreshments WU: Lives Well Lived Energy Burst: Croquet Brain Games, Fact or Fiction Daily Chronicle Craft Club with Tina Thriving Through Music with the Nayas 	<ul style="list-style-type: none"> Stretch and Strength Refreshments Church Service Energy Burst: Table Tennis Food Club: Biscuits and Jam Chat Pack Evening Puzzles with Nayas
<ul style="list-style-type: none"> Sole to Soul Walking Club Church Service with Tina Energy Burst: Ladderball Senior Smiles: Card Making Creations WU Classical Music: Debussy Mens Club Meeting Who, What, Where Evening Puzzle Fun 	<ul style="list-style-type: none"> Joyful Movement: Balance WU: Culinary Creations Refreshments Thriving Through Music Energy Burst: Velcro Darts Daily Devotional: November Prayer Memory Baskets Evening Puzzles with Nayas 	<ul style="list-style-type: none"> Tai Chi Refreshments Brain Games Country Drive Outing WU: An Eye for Art Energy Burst: Putting Brain Games: Scattergories National Cake Day: Create your own Fake Cake The Price is Right Gameshow with Tina Evening Puzzle Fun 	<ul style="list-style-type: none"> Strength and Balance Refreshments Guided Imagery Energy Burst: Corn Hole National Pumpkin Pie Day: Personal Pumpkin Pie Cups Craft Club: Abstract Art Relax with Country Music 	<p>Thanksgiving</p> <ul style="list-style-type: none"> Slow Flow Yoga Refreshments Brain Games Virtual Trip Down Memory Lane Energy Burst: Bowling Happy Thanksgiving: Pies and Hot Chocolate Evening Bible Verse with the Nayas 	<ul style="list-style-type: none"> Joyful Movement: Chair Dancing Refreshments Service Circles Energy Burst: Table Tennis Casino Games Turkey Friday: Turkey and Cranberry Salad Wrap Evening Manicures and Music 	<ul style="list-style-type: none"> Stretch and Strength Refreshments Church Service Energy Burst: Corn Hole Notable Quote Day: Mark Twain Quotes Crazy Hat Day: Create your own Crazy Hat Mocktails with Tina

NOVEMBER 2024
MEMORY CARE



PARKVIEW
 IN FRISCO
 A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

LR- Living Room
 DR- Dining Room

- Body
- Community
- Mind
- Spirit
- Refreshments

Friendly Reminder:
 Schedule changes may occur; changes will be posted on the daily schedule



WATERMARK
 RETIREMENT COMMUNITIES[®]